

# *Five Wednesdays Residential Retreat*

*2007 Website Program Description*

**Prerequisites:** [Lifeline](#) (Required), [Gateway Voyage®](#) (Required), [Guidelines®](#) (Required)

This new week-long program takes the Wednesday program exercises that have been highlights for most participants during *Gateway*, *Guidelines*, *Lifeline*, *MC2*, and *Heartline*. Anyone who has taken the first three of these five programs is eligible to attend. There will also be some of the longer Thursday exercises from each of the five programs, ones that are designed to help integrate all that was learned and experienced during the week.

In addition, from *Guidelines*, PREP sessions in the lab will be available during this week.